



Dear Participants, Families, and Friends:

Welcome to the first in a series of bulletins and flyers from the Division of Developmental Disabilities (DDD) designed for participants who are currently enrolled in DDD, but who are not receiving any paid services.

The DDD Information and Education Initiative was developed to share information and educational resources on topics that may be important to you. We asked participants, families, advocacy groups, and DDD case resource managers what people want to learn about - the answers they gave have helped us select the information you'll find in this and future bulletins.

- Four times a year you will receive a new Family Matters bulletin and an informational flyer by mail.
- Once a year you will also receive a Family Matters newsletter, which will contain more in-depth information about services and resources.
- At any time, visit the DDD Internet website to find useful information on division programs, services, and links to additional resources:
<http://www1.dshs.wa.gov/ddd/index.shtml>.
All Family Matters bulletins and flyers will also be posted there.

In this first bulletin, we share tips from case resource managers across the state on how to find supports for caregivers. Also included are links to the websites of several statewide advocacy groups, where you can find more information and help for caregivers.

Turn the page for
more information! 

Local Resources

Suggestions from Case Resource Managers

A Case Resource Manager in Spokane suggests contacting the local Home and Community Services office in your region for adult care resources. To find resources in your area, go to <http://www.aasa.dshs.wa.gov/topics/caregiving/caregiving.htm>.

A Case Resource Manager in Kennewick suggests:

- Check the **Parent to Parent** website for caregiver support in the Tri-Cities at: http://arcofricities.com/parent_to_parent.htm.
- Contact **PAVE (Parents are Vital in Education)** at <http://washingtonpave.org/> or call 509/837-8909 (note: the Migrant Council answers the phone).

A Case Resource Manager in Mt. Vernon suggests:

- Contacting the **Family Caregiver Resource Program** through Senior Services at www.snocare.org or call 425/290-1240 (Toll free: 1-800/422-2024). Services include a resource line, support groups, ethnic outreach, workshops and seminars, a lending library, and respite to unpaid caregivers of adult family members or friends.
- A new database funded by United Way has over 1000 resources for parents and children. It covers Island, San Juan, Skagit, Snohomish, and Whatcom Counties. Go to www.uwsc.org and click on "Parenting Place."

A Case Resource Manager in Kent suggests:

- Contact the **Child Care Resource and Referral Network** for statewide information at <http://www.childcarenet.org/memberlist.htm>.
- Call **ACAP Child and Family Services** at 253-939-0870 for child care for children with special needs in King County.
- Check out **Kinship Care in Washington State** at <http://www1.dshs.wa.gov/kinshipcare/> for resources and other documents about relatives providing care for a child anywhere in Washington State.

A Case Resource Manager in Tacoma suggests:

- Contact the **Family Caregiver Support Programs**:
Kitsap County: 360/ 377-5700 or Toll Free 1-800-562-6418
1026 Sidney Avenue, Port Orchard, WA 98336
Pierce County: 253/798-4600 or Toll Free 1-800-562-0332
3580 Pacific Avenue, Tacoma, WA 98418
- The **Autism Society of Washington** is a valuable resource:
Kitsap County: Call 360/373-7166
Pierce County: Call Christina at 253/759-7995 or Diana at 253/576-6351
- **United Cerebral Palsy of South Sound** serves Pierce and Kitsap Counties at 6315 South 19th Street, Tacoma, WA 98466 or call 253/565-1463. Services include a "Respite Program" for parents or guardians who are raising a child with a disability, with a short mini-vacation at a local hotel.

A Case Resource Manager in Vancouver suggests:

- Contact **Caring Connections/ Innovative Services NW** at 10401 NE Fourth Plain Blvd., Suite 101, Vancouver, WA 98662 or call Erinn at 360/823-5154).
- Contact **Parent to Parent** sponsored by <http://www.arcofclarkcounty.org/> at 9415 NE Fourth Plain Blvd., Vancouver, WA 98668, or call Tammy at 360/759-4917, extension 10.

About the flyers

Fall – and flu season – are here. The two flyers enclosed with this bulletin are about influenza prevention. One flyer is for adults (age 18 and over) and one is for children (age 17 and younger). We hope these flyers are useful to you.

Future Issues

We want to hear from you if there are topics you are particularly interested in learning about. We welcome suggestions for future issues of the Family Matters bulletins and newsletter. Please take a moment to contact us with your ideas – call Linda Gil at 360/725-3435 or email her at gilll@dshs.wa.gov.

**Watch for the next
bulletin in the
winter of 2007!**



Other Statewide Resources to Contact

ARC of Washington State	http://www.arcwa.org/
Developmental Disabilities Council of WA	http://www.wa.gov/ddc/
Division of Developmental Disabilities	http://www1.dshs.wa.gov/ddd/index.shtml
Parent to Parent of WA State	http://www.arcwa.org/parent_to_parent.htm
Parent Coalitions in WA State	http://www.arcwa.org/parentcoalitions.htm
People First Language	http://www.disabilityisnatural.com/index.htm
WA State Father Network	http://www.fathersnetwork.org/563.html
WA Protection & Advocacy System	http://www.wpas-rights.org/